## Claims

[c1] 1.A camera support and actuator comprising: a Z-shape rod having a handle section at a top, a camera support section at a bottom and a middle section between said handle and camera support sections, said handle and camera support sections being approximately parallel to a surface and said middle section extending upward from said camera support section to said handle section; a camera mounted to said camera support section; and an actuator mounted on said handle section to cause movement of said camera. [c2] 2. The camera support and actuator of claim 1, wherein said Z-shaped rod is two piece and separates along said middle section. [c3] 3. The camera support and actuator of claim 2, wherein said two pieces are configured to be assembled in multiple positions in relation to each other. [c4] 4. The camera support and actuator of claim 1, further including a skid plate attached to a bottom of said camera support section to support said camera support section above said surface and allow said camera support section to slide over said surface. [c5] 5. The camera support and actuator of claim 4, further including a support column between said camera support section and said skid plate. [c6] 6. The camera support and actuator of claim 5, wherein said support column is at a center of said skid plate; and wherein said support column includes a Ushaped cutout to cradle said camera support section. [c7] 7. The camera support and actuator of claim 6, wherein said camera support section is rotatably attached in said U-shaped cutout of said support column. [c8] 8. The camera support and actuator of claim 4, wherein said skid plate is a round plate with an upright edge. [c9]

9. The camera support and actuator of claim 8, wherein there is a radiused

transition between said round plate and said upright edge.

- [c10] 10.The camera support and actuator of claim 8, wherein there is a bell shaped upright edge emanating said round plate.
- [c11] 11. The camera support and actuator of claim 4, wherein said skid plate includes offset angled casters mounted to said skid plate to allow movement of said skid plate along said surface.
- [c12] 12.The camera support and actuator of claim 11, wherein said skid plate is in a shape of an inverted wing; wherein said shape includes a middle section, two outside sections and two angle sections; wherein said middle section is connected to said outside sections by said angled sections such that said middle section is lower than said outside sections; wherein said offset angled casters are mounted to said outside sections; and wherein said camera support section is connected to said middle section of said skid plate.
- [c13] 13.The camera support and actuator of claim 1, wherein said actuator is a shaft internal to said handle section of said Z-shaped rod and connected to said camera by a cable to cause movement of said camera; and wherein said shaft includes a handle to allow said shaft to be push and pulled inside said handle section to control movement of said camera.
- [c14] 14.The camera support and actuator of claim 13, wherein said shaft includes a collar end and a cam end; wherein said cam end is closest to said camera; wherein said cam end includes a cam rotatably attached to said cam end; wherein said cam has an outside diameter rotatably positioned offset from a center of an outside diameter of said shaft; and wherein said outside diameter of said shaft and cam are size slightly smaller than an inside diameter of said handle section such that by twisting said shaft in said handle section, said cam remains in position due to frictional forces between said inside diameter of said handle section and said cam and in effect jams said shaft in a locked position with said handle section.
- [c15] 15. The camera support and actuator of claim 13, wherein said shaft is hollow to allow a camera cable to pass; wherein said collar end includes a slot; and

further including a fastener to squeeze said collar end together at said slot to hold said camera cable in position.

- [c16] 16. The camera support and actuator of claim 13, further including a collar which is attached over said collar end to act as said handle and said fastener.
- [c17] 17. The camera support and actuator of claim 15, further including an adjustment handle on said collar to allow quick release of pressure applied by said collar on said shaft.
- [c18] 18.A camera support and actuator comprising:a Z-shape rod having a handle section at a top, a camera support section at a bottom and a middle section between said handle and camera support sections, said handle and camera support sections being approximately parallel to a surface and said middle section extending upward from said camera support section to said handle section;

a camera mounted to said camera support section;

an actuator mounted on said handle section to cause movement of said camera, said actuator including a shaft internal to said handle section of said Z-shaped rod and connected to said camera by a cable to cause movement of said camera, and including a handle to allow said shaft to be push and pulled inside said handle section to control movement of said camera; and a skid plate attached to a bottom of said camera support section to support said camera support section above said surface and allow said camera support section to slide over said surface.

- [c19] 19.The camera support and actuator of claim 18, wherein said skid plate is a round plate with an upright edge.
- [c20]
  20.The camera support and actuator of claim 18, wherein said skid plate is in a shape of an inverted wing; wherein said shape includes a middle section, two outside sections and two angle sections; wherein said middle section is connected to said outside sections by said angled sections such that said middle section is lower than said outside sections; wherein said offset angled casters are mounted to said outside sections; and wherein said camera support



section is connected to said middle section of said skid plate.

- [c21] 21.The camera support and actuator of claim 18, wherein said shaft includes a collar end and a cam end; wherein said cam end is closest to said camera; wherein said cam end includes a cam rotatably attached to said cam end; wherein said cam has an outside diameter rotatably positioned offset from a center of an outside diameter of said shaft; wherein said outside diameter of said shaft and cam are size slightly smaller than an inside diameter of said handle section such that by twisting said shaft in said handle section, said cam remains in position due to frictional forces between said inside diameter of said handle section and said cam and in effect jams said shaft in a locked position with said handle section; wherein said shaft is hollow to allow a camera cable to pass; wherein said collar end includes a slot; and including a collar to squeeze said collar end together at said slot to hold said camera cable in position.
- [c22] 22.The camera support and actuator of claim 4, further including a caster wheel attached to said camera support section near an intersection of said middle section and said camera support section, said wheel caster used to counteract forces applied to said intersection during movement.
- [c23] 23.The camera support and actuator of claim 11, further including a caster wheel attached to said camera support section near an intersection of said middle section and said camera support section, said wheel caster used to counteract forces applied to said intersection during movement.
- [c24] 24.The camera support and actuator of claim 12, further including a caster wheel attached to said camera support section near an intersection of said middle section and said camera support section, said wheel caster used to counteract forces applied to said intersection during movement.
- [c25] 25.The camera support and actuator of claim 13, further including a caster wheel attached to said camera support section near an intersection of said middle section and said camera support section, said wheel caster used to counteract forces applied to said intersection during movement.
- [c26] 26.The camera support and actuator of claim 18, further including a caster

wheel attached to said camera support section near an intersection of said middle section and said camera support section, said wheel caster used to counteract forces applied to said intersection during movement.

[c27] 27.The camera support and actuator of claim 20, further including a caster wheel attached to said camera support section near an intersection of said middle section and said camera support section, said wheel caster used to counteract forces applied to said intersection during movement.